

MIAMI SPRINGS SENIOR CENTER

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

➤ **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.

➤ **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Stacey Reppas, the program's consulting Registered Dietician, and the Elderly Services Director.

➤ **HEALTH SUPPORT ACTIVITIES:**
All students must be registered in the senior center's congregate meal program to participate in the following:

- **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00—10:30 a.m.
Classes are held at the Senior Center;
- **"LET'S DANCE!" CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 --11:00 a.m.
Classes are held at the Senior Center;
- **FLOOR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 --11:00 a.m.
Classes are held at the Curtiss Mansion.
- **"CELEBRATION" WORKOUT CLASS**
(Instructor: Natasha Salmon-Cogno)
Fridays.....9:00 --11:00 a.m.
Class are held at the Senior Center;
- **TAI CHI FOR ARTHRITIS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30—1:30 p.m.
Classes are held at the Community Center;

➤ **RECREATION ACTIVITIES:**
All students must be registered in the senior center's congregate meal program to participate in the following:

- **DRUMMING FOR SENIORS**
(Instructor: Alisha Ross)
Mondays.....12:45—2:15 p.m.
Class will be held at the Senior Center;
- **ART FOR SENIORS** **NEW**
(Instructor: Natasha Salmon-Cogno)
Fridays.....12:30—2:00 p.m.
Class are held at the Senior Center;

➤ **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping and carrying- packages. Field trips to area stores and other places of interest are planned each month.

➤ **RECREATION:** Recreational and social activities planned for May include: Bingo games (5/4, 5/11, 5/18 and 5/27), a presentation by the Pelican Players' Puppeteers (5/8), a Mother's Day Celebration with entertainment by the Xiques Family (5/11), the annual "Spring Fling" Celebration (5/12), the monthly birthday and anniversary party (5/21), a Rummage and Baked Goods Sale (5/26), and a field trip to Wal-Mart (5/28),.



EDUCATIONAL PROGRAMS SCHEDULED:

"FALL PREVENTION" – Catholic Hospice will sponsor a presentation by Maritz Lopez on how to prevent falling on 5/5 at 12:15 p.m.

"HOW TO MAINTAIN YOUR BLOOD PRESSURE" – Dr. Vieira, sponsored by Humana Health Plan, will address this topic on 5/6 at 12:15 p.m.

"POST-LEGISLATIVE SESSION UPDATE" – On 5/12 at 12:15 p.m., Representative Bryan Avila will provide participants of the senior center with an update of recent legislative actions taken by the state's House of Representatives.

"LIVING WILLS and TRUSTS" -- On 5/13 at 12:15 p.m., Caridad Amores, Esq. will provide valuable information on legal issues important to seniors,

"LIVING WITH LOW VISION" – On 5/14 at 12:15 p.m., Raquel Van Der Beist, Occupational & Low Vision Therapist from the Miami Lighthouse for the Blind, will present this topic.

"CRIME WATCH" PROGRAM -- Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will conduct the monthly Crime Watch Meeting at the senior center on 5/20 at 12:15 p.m. and provide information on recent local criminal activity.

FREE HEALTH SCREENINGS:



Free BLOOD PRESSURE SCREENING:
Health professionals from Humana Health Center will provide free blood pressure screening and individual counseling on 5/6 from 10:30 a.m.—12:00 noon.

Free SCREENING for FALL RISK – Catholic Health Services will sponsor a free assessment of an individual's risk for falling on May 19th from 9:30 a.m.—12:00 noon. Physical Therapists from St. Catherine's West Rehab Hospital and Villa Maria West will conduct the screening and offer recommendations to prevent these events.

FOR FURTHER INFORMATION
on any of the services and activities offered by the
City's Elderly Services Department,
please **CALL US!**



(305) 805-5160

CELEBRATING BIRTHDAYS:

Frank de M.....	1
Marcia B.....	1
Petra P.....	5
Victorino G.....	9
Johnnie H.....	12
Ken U.....	13
Dulce M.....	13
Verlin M.....	14
Bertilda M.....	15
Rita A.....	22
Paquita H.....	30



CELEBRATING THEIR ANNIVERSARY:
Jesus & Alegeisa..... May 5th



Monday, 5/ 4
Monday, 5/18
Wednesday, 5/27

SPRING FLING!

TUESDAY, MAY 12TH
5:00—8:00 pm
at the Miami Springs Senior Center

DINNER, DANCING



& ENTERTAINMENT
SPONSORED BY LEON MEDICAL CENTER

-Transportation available
-Reservations Required

COST: \$ 5.00/ MEMBER
\$ 10.00/ GUEST

Door Prizes Awarded!



Fundraiser for the
Miami Springs/Virginia Gardens
Senior Citizens' Club:
May 26th
10:30 a.m. – 12:30 p.m.
(All proceeds go to the Club)

MOTHER'S DAY CELEBRATION
Monday, May 11th at 12:15 p.m.



ENTERTAINMENT BY THE XIQUES FAMILY TRIO
Thank you Bethany, Joseph, and mom Debra!
DESSERT PROVIDED BY COMMISSIONER REBECA SOSA

FIELD TRIP: WAL-MART
Thursday, May 28th
1:15 p.m. -- 5:00 p.m.
\$.50/person (16 may go)